



Athletics Philosophy

The York House Athletics program consists of extra-curricular / interschool sports programs that are run outside of the school timetable. York House offers a diverse program with a variety of athletic opportunities at various levels of competitiveness.

What we Stand for ...

- we strongly believe that athletics play an important role in the development of individual character through team and individual competition.
- we commit to providing students with the opportunity to achieve athletic excellence through healthy participation in competitive sport.
- we support the encouragement of participation among the student body of York House School.
- we aim to achieve success in athletics so that sport plays a positive role in the growth of confidence and self-esteem.
- we expect commitment from students, coaches, staff and administration.
- we recognize and value our efforts and successes in many ways.

Our Goals ...

- to maximize athletic participation among the student body at YHS and involve staff and parents in athletics.
- to maximize school interest and awareness of athletics.
- to field competitive teams at YHS which teach our student athletes to set goals, to gain confidence, appreciate and understand hard work and to value sportsmanship.
- to build on our school motto, “not for ourselves’ alone’, in athletics by teaching, modeling and practicing teamwork, unselfishness and unity of purpose.
- to continue to provide girls with the opportunity to develop their skills to the fullest, and develop confidence and discipline through healthy competition in athletics.
- to instill pride in YHS athletics among the entire school community.